AYUMETRIX

FERTILITY PLUS TEST REPORT

Patient Name
Jane Doe

DOB
3/1/1999 (25 yrs.)

Gender
F

Systolic blood pressure
Unspecified

Menopausal Status
Premenopausal
Regular 28-day cycle

Patient ID
JD990301

Report Date and Time
5/23/2024 16:00

Received Date and Time
5/16/2024 14:00

Specimen Collection Date and Time
Blood Spot 4/30/2024 9:30
Saliva 4/30/2024 9:30

Hours of Fasting
Not indicated

Family History of
Heart Disease Yes
Diabetes No
Cancer No

Non-smoker
BMI 18.9 **Waist** 29 in

Medications
Vitamin Supplements

Provider ID: 0000
Doctor T
17387 63rd Ave
Lake Oswego, OR 97035
Ph: xxx-xxx-xxxx

YOUR TEST RESULTS

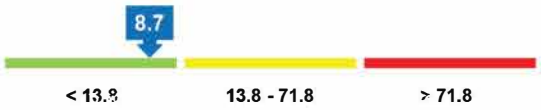
Normal Range | Borderline High | low or High Range | Your Levels

Estradiol (pg/mL)

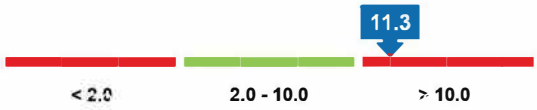
AMH (ng/ml)

Testosterone (pg/mL)

LH (mIU/ml)



FSH (mIU/ml)



AYUMETRIX, LLC
CLIA #:38D2112285

17387 63rd Ave Lake Oswego OR 97035
Ph: (503)344-1344; 800-215-8898

Sonia Kapur, PhD, HCLD
Laboratory Director

What do your hormone results mean?

Estradiol

Estradiol acts mainly as a growth hormone for the reproductive structures in females. In addition, estradiol works in conjunction with progesterone during the menstrual cycle and pregnancy. Low estrogen levels can cause low libido or diminished sex drive and too much estrogens can cause symptoms of estrogen dominance. In males, estradiol is involved in sperm maturation and also helps to maintain a healthy libido.

Estradiol has a significant role in maintaining healthy bone growth and improving blood flow in coronary arteries in addition to offering neuroprotective effects. Estrogens have been known to contribute to risk of breast cancer as well as some non-cancerous conditions like endometriosis and uterine fibroids.

Luteinizing Hormone (LH)

LH is a hormone produced by pituitary gland and helps the reproductive system in both men and women. It plays a role in puberty, menstruation and fertility. In women, LH levels change with age and throughout the menstrual cycle. It also changes with pregnancy. Increased LH levels during the menstrual cycle indicate onset of ovulation within one or two days. LH levels normally rise after menopause indicating that the ovaries are no longer functioning.

In women, increased levels of LH may indicate primary ovarian failure. Low levels of LH may indicate secondary ovarian failure.

TESTOSTERONE

Testosterone has important role in maintaining bone strength, muscle mass and energy level. In women, testosterone contributes to sex drive or libido. Menopause causes significant decline in the testosterone levels. In men, testosterone is responsible for growth and development of sexual characteristics, facial and body hair, increased sexual drive and sperm production.

Low testosterone levels can result in conditions like hair loss, reduced muscle mass, hot flashes, depression and increased breast size. High testosterone levels have been linked with aggressive behavior, acne, low sperm count, liver disease and heart muscle damage.

Follicle Stimulating Hormone (FSH)

FSH helps the reproductive system both in men and women. In women, it is responsible for growth of ovarian follicles, which produce estrogens and progesterone to maintain a normal menstrual cycle. In men, FSH is involved development of gonads and sperm production.

In women, high FSH levels may indicate a loss of ovarian function, menopause, polycystic ovarian syndrome (PCOS) or chromosomal abnormality such as Turner's syndrome. An increase in FSH may also indicate decline in fertility. Low FSH levels may indicate a woman not producing eggs.

Anti-Müllerian Hormone (AMH): AMH is a hormone that indicates a woman's ovarian reserve.

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